

2001 California Dietary Practices Survey

Table 63: Percent of Eating Out that Was in Fast Food Restaurants, Trends 1989-2001

Question: Yesterday, how many of your meals or snacks were from a restaurant, cafeteria, or fast food establishment, either eaten there or carried out?

Base: Of people eating out.

| | Percent of Adults Eating Out Who Ate Fast Food on the Previous Day | | | | | | | | Change of Percentage | | | | | |
|------------------------------|---|-----------|-----------|-----------|-----------|-----------|-----------|--|----------------------|-------------|-------------|-------------|-------------|-------------|
| | 1989 | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | | 1989- 91 | 1991- 93 | 1993- 95 | 1995- 97 | 1997- 99 | 1999- 01 |
| Total | 37 | 48 | 42 | 38 | 48 | 48 | 41 | | 11** | -6 | -4 | 10** | NC | -7 |
| Sex | | | | | | | | | | | | | | |
| Males | 34 | 52 * | 45 | 45 ** | 50 | 48 | 43 | | 18*** | -7 | NC | 5 | -2 | -5 |
| Females | 39 | 42 | 39 | 32 | 46 | 48 | 39 | | 3 | -3 | -7 | 14*** | 2 | -9 |
| Males | | | | | | | | | | | | | | |
| 18 - 24 | 59 *** | 83 * | 53 ** | 64 *** | 57 | 53 * | 63 * | | 24* | -30** | 11 | -7 | -4 | 10 |
| 25 - 34 | 43 | 57 | 56 | 52 | 54 | 59 | 39 | | 14 | -1 | -4 | 2 | 4 | -20 |
| 35 - 50 | 29 | 49 | 39 | 45 | 47 | 47 | 42 | | 20* | -10 | 6 | 2 | NC | -5 |
| 51 - 64 | 15 | 19 | 54 | 31 | 45 | 32 | 42 | | 4 | 35** | -23 | 14 | 13 | 10 |
| 65+ | 30 | 33 | 16 | 15 | 34 | 30 | 30 | | 3 | -17 | -1 | 19 | -4 | NC |
| Females | | | | | | | | | | | | | | |
| 18 - 24 | 46 | 60 | 46 | 33 | 63 ** | 56 | 45 | | 14 | -14 | -13 | 30** | -7 | -11 |
| 25 - 34 | 44 | 51 | 48 | 38 | 52 | 58 | 44 | | 7 | -3 | -10 | 14 | 7 | -14 |
| 35 - 50 | 43 | 37 | 37 | 35 | 43 | 45 | 40 | | -6 | NC | -2 | 8 | 2 | -5 |
| 51 - 64 | 28 | 34 | 30 | 26 | 34 | 35 | 27 | | 6 | -4 | -4 | 8 | 1 | -8 |
| 65+ | 19 | 26 | 29 | 13 | 24 | 40 | 29 | | 7 | 3 | -16 | 11 | 16 | -11 |
| Ethnicity | | | | | | | | | | | | | | |
| White | 33 * | 44 | 36 *** | 32 ** | 45 | 44 *** | 36 ** | | 11** | -8* | -4 | 13*** | -1 | -8 |
| Hispanic | 49 | 48 | 63 | 56 | 54 | 62 | 56 | | -1 | 15 | -7 | -2 | 8 | -6 |
| Black | 47 | 70 | 57 | 63 | 50 | 69 | 44 | | 23 | -13 | 6 | -13 | 19* | -25 |
| Asian/Pacific Islander | | | | | | 38 | 44 | | | | | | | 6 |
| Education | | | | | | | | | | | | | | |
| Less than high school | 40 * | 53 | 63 ** | 61 ** | 66 ** | 70 *** | 39 | | 13 | 10 | -2 | 5 | 4 | -31 |
| High school graduate | 40 | 52 | 49 | 48 | 56 | 59 | 47 | | 12 | -3 | -1 | 8 | 3 | -12 |
| Some college | 42 | 49 | 40 | 37 | 51 | 54 | 41 | | 7 | -9 | -3 | 14** | 3 | -13 |
| College graduate | 25 | 42 | 35 | 32 | 36 | 33 | 37 | | 17** | -7 | -3 | 4 | -3 | 4 |
| Income | | | | | | | | | | | | | | |
| Less than \$15,000 | 37 ** | 60 | 51 *** | 45 | 53 | 56 *** | 49 | | 23* | -9 | -6 | 8 | 3 | -7 |
| \$15,000 - 24,999 | 52 | 41 | 39 | 46 | 53 | 58 | 41 | | -11 | -2 | 7 | 7 | 5 | -17 |
| \$25,000 - 34,999 | 43 | 50 | 55 | 47 | 53 | 41 | 41 | | 7 | 5 | -8 | 6 | -12 | NC |
| \$35,000 - 49,999 | 36 | 44 | 49 | 40 | 44 | 58 | 50 | | 8 | 5 | -9 | 4 | 14 | -8 |
| \$50,000+ | 24 | 44 | 27 | 34 | 45 | 37 | 35 | | 20** | -17** | 7 | 11* | -8 | -2 |
| Physically Active | | | | | | | | | | | | | | |
| Did not meet recommendations | | | | | | | 46 ** | | | | | | | |
| Met recommendations | | | | | | | 35 | | | | | | | |
| Overweight Status | | | | | | | | | | | | | | |
| Overweight/Obese | | | | | | | 42 | | | | | | | |
| Not overweight | | | | | | | 39 | | | | | | | |

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi square test:

* p<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Cross Tab 64: Eating out Compared to Consumption of Fruits and Vegetables, High Fiber Foods, Dairy Products, and High Fat Food Intake

Base: Out of everyone, unless indicated

| Out of Home Eating | Mean Servings of Fruits and Vegetables Eaten ¹ |
|--------------------|--|
| No Meals Eaten Out | 4.0 ^c |
| Yes, not fast food | 3.9 ^{bc} |
| Yes, fast food | 3.2 ^a |
| | *** |
| Out of Home Eating | Percent having No whole grain bread, beans, or high fiber |
| No Meals Eaten Out | 34 |
| Yes, not fast food | 36 |
| Yes, fast food | 45 |
| | ** |
| Out of Home Eating | Percent having whole/2% milk (out of milk drinkers) ² |
| No Meals Eaten Out | 65 |
| Yes, not fast food | 57 |
| Yes, fast food | 74 |
| | ** |
| Out of Home Eating | Percent having any milk ² |
| No Meals Eaten Out | 57 |
| Yes, not fast food | 52 |
| Yes, fast food | 54 |
| | |
| Out of Home Eating | Percent having cheese ² |
| No Meals Eaten Out | 43 |
| Yes, not fast food | 54 |
| Yes, fast food | 68 |
| | *** |
| Out of Home Eating | Percent having deep fried fat foods, like french fries, fried chicken, chicken nuggets, fried shrimp, or onion rings ² |
| No Meals Eaten Out | 9 |
| Yes, not fast food | 19 |
| Yes, fast food | 54 |
| | *** |
| Out of Home Eating | Percent having fried snack foods, like potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods ² |
| No Meals Eaten Out | 21 |
| Yes, not fast food | 20 |
| Yes, fast food | 35 |
| | *** |
| Out of Home Eating | Percent having high fat sweets/desserts, like cake, pie, cookies, brownies, or chocolate candy bars ² |
| No Meals Eaten Out | 37 |
| Yes, not fast food | 47 |
| Yes, fast food | 49 |
| | *** |
| Out of Home Eating | Percent having frozen dairy desserts, like frozen yogurt, ice cream, or soft serve ² |
| No Meals Eaten Out | 14 |
| Yes, not fast food | 14 |
| Yes, fast food | 12 |
| | |
| Out of Home Eating | Percent "always" or "sometimes" using butter, margarine, or mayonnaise on your bread or tortillas ² |
| No Meals Eaten Out | 64 |
| Yes, not fast food | 65 |
| Yes, fast food | 80 |
| | *** |
| Out of Home Eating | Percent having any breakfast pastries like doughnuts, danish, sweet rolls, muffins, croissants, or poptarts ² |
| No Meals Eaten Out | 13 |
| Yes, not fast food | 17 |
| Yes, fast food | 19 |
| | * |

Categories sharing a common superscript (a, b, c) are not statistically different from each other.
Chi square test:

* p<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 65: Percent of Californians Who Ate At Least One Meal Out, Trends 1989-2001

Question: Yesterday, how many of your meals or snacks were from a restaurant, cafeteria, or fast food establishment, either eaten there or carried out?

| | Percentage of Adults Eating One or More Meals Out ² | | | | | | | Change of Percentage | | | | | |
|------------------------------|--|-----------|-----------|-----------|-----------|-----------|-----------|----------------------|-----------|----------|--------------|----------|-----------|
| | 1989 | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 1989-91 | 1991-93 | 1993-95 | 1995-97 | 1997-99 | 1999-01 |
| Total | 41 | 41 | 41 | 48 | 41 | 44 | 41 | NC | NC | 7 | -7*** | 3 | -3 |
| Sex | | | | | | | | | | | | | |
| Males | 44 * | 49 *** | 44 * | 53 ** | 43 * | 48 ** | 46 *** | 5 | -5 | 9 | -10** | 5 | -2 |
| Females | 38 | 34 | 38 | 44 | 38 | 40 | 36 | -4 | 4 | 6 | -6* | 2 | -4 |
| Males | | | | | | | | | | | | | |
| 18 - 24 | 36 * | 61 *** | 59 *** | 58 * | 60 *** | 61 *** | 41 *** | 25 | -2 | -1 | 2 | 1 | -20 |
| 25 - 34 | 56 | 46 | 47 | 57 | 47 | 56 | 58 | -10 | 1 | 10 | -10 | 9 | 2 |
| 35 - 50 | 43 | 58 | 49 | 56 | 45 | 46 | 49 | 15 | -9 | 7 | -11* | 1 | 3 |
| 51 - 64 | 47 | 45 | 38 | 35 | 37 | 40 | 41 | -2 | -7 | -3 | 2 | 3 | 1 |
| 65+ | 30 | 20 | 25 | 51 | 25 | 35 | 30 | -10 | 5 | 26 | -26*** | 10 | -5 |
| Females | | | | | | | | | | | | | |
| 18 - 24 | 50 ** | 36 | 48 *** | 55 ** | 52 *** | 49 *** | 37 ** | -14 | 12 | 7 | -3 | -3 | -12 |
| 25 - 34 | 38 | 42 | 40 | 45 | 47 | 44 | 44 | 4 | -2 | 5 | 2 | -3 | NC |
| 35 - 50 | 43 | 34 | 43 | 50 | 40 | 46 | 39 | -9 | 9 | 7 | -10* | 6 | -7 |
| 51 - 64 | 33 | 35 | 43 | 38 | 37 | 41 | 34 | 2 | 8 | -5 | -1 | 4 | -7 |
| 65+ | 23 | 23 | 22 | 28 | 17 | 18 | 22 | NC | -1 | 6 | -11 | 1 | 4 |
| Ethnicity | | | | | | | | | | | | | |
| White | 43 | 45 * | 45 *** | 51 ** | 41 | 47 *** | 44 ** | 2 | NC | 6 | -10*** | 6** | -3 |
| Hispanic | 35 | 35 | 34 | 38 | 36 | 33 | 32 | NC | -1 | 4 | -2 | -3 | -1 |
| Black | 38 | 41 | 32 | 45 | 45 | 44 | 46 | 3 | -9 | 13 | NC | -1 | 2 |
| Asian/Pacific Islander | | | | | | 50 | 48 | | | | | | -2 |
| Education | | | | | | | | | | | | | |
| Less than high school | 24 *** | 23 *** | 23 *** | 25 *** | 26 *** | 24 *** | 22 *** | -1 | NC | 2 | 1 | -2 | -2 |
| High school graduate | 37 | 41 | 42 | 46 | 39 | 42 | 38 | 4 | 1 | 4 | -7 | 3 | -4 |
| Some college | 50 | 47 | 46 | 50 | 43 | 45 | 45 | -3 | -1 | 4 | -7* | 2 | NC |
| College graduate | 44 | 45 | 45 | 54 | 44 | 51 | 48 | 1 | NC | 9 | -10** | 7* | -3 |
| Income | | | | | | | | | | | | | |
| Less than \$15,000 | 34 ** | 26 *** | 33 *** | 37 *** | 29 *** | 34 *** | 27 *** | -8 | 7 | 4 | -8 | 5 | -7 |
| \$15,000 - 24,999 | 40 | 36 | 34 | 39 | 37 | 39 | 39 | -4 | -2 | 5 | -2 | 2 | NC |
| \$25,000 - 34,999 | 42 | 45 | 43 | 52 | 38 | 45 | 36 | 3 | -2 | 9 | -14* | 7 | -9 |
| \$35,000 - 49,999 | 47 | 51 | 52 | 45 | 46 | 45 | 45 | 4 | 1 | -7 | 1 | -1 | NC |
| \$50,000+ | 52 | 53 | 50 | 60 | 50 | 58 | 55 | 1 | -3 | 10 | -10** | 8* | -3 |
| Physically Active | | | | | | | | | | | | | |
| Did not meet recommendations | | | | | | | 41 | | | | | | |
| Met recommendations | | | | | | | 41 | | | | | | |
| Overweight Status | | | | | | | | | | | | | |
| Overweight/Obese | | | | | | | 42 | | | | | | |
| Not overweight | | | | | | | 41 | | | | | | |

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi square test:

* p<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 66: Consumption of Fast Food

Question: Yesterday, how many of your meals or snacks were from a restaurant, cafeteria, or fast food establishment, either eaten there or carried out?

| | Percent Who Ate Fast Food | |
|------------------------------|---------------------------|--------------------------|
| | Out of Everyone | Out of Those Who Eat Out |
| Total | 17 | 41 |
| <i>Sex</i> | | |
| Males | 20 ** | 43 |
| Females | 14 | 39 |
| <i>Males</i> | | |
| 18 - 24 | 26 * | 63 * |
| 25 - 34 | 22 | 39 |
| 35 - 50 | 20 | 42 |
| 51 - 64 | 17 | 42 |
| 65+ | 9 | 30 |
| <i>Females</i> | | |
| 18 - 24 | 17 ** | 45 |
| 25 - 34 | 20 | 44 |
| 35 - 50 | 16 | 40 |
| 51 - 64 | 9 | 27 |
| 65+ | 6 | 29 |
| <i>Ethnicity</i> | | |
| White | 16 | 36 ** |
| Hispanic | 18 | 56 |
| Black | 20 | 44 |
| Asian/ Pacific Islander | 21 | 44 |
| <i>Education</i> | | |
| Less than high school | 9 * | 39 |
| High school graduate | 18 | 47 |
| Some college | 19 | 41 |
| College graduate | 18 | 37 |
| <i>Income</i> | | |
| Less than \$15,000 | 13 | 49 |
| \$15,000 - 24,999 | 16 | 41 |
| \$25,000 - 34,999 | 14 | 41 |
| \$35,000 - 49,999 | 22 | 50 |
| \$50,000+ | 20 | 35 |
| <i>Physically Active</i> | | |
| Did not meet recommendations | 19 * | 46 ** |
| Met recommendations | 15 | 35 |
| <i>Overweight Status</i> | | |
| Overweight/Obese | 18 | 42 |
| Not overweight | 16 | 39 |

A box around a group of numbers signifies that differences observed within this group are statistically significant

Chi Square Test

* p<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 67: Types of Restaurants Californians Ate At Yesterday

Question: Which of the following other types of restaurants did you eat at yesterday?

| | Family Style | Fine Dining | Percent Cafeteria at Work | Self-Service (Buffet) | Other |
|------------------------------|--------------|---------------------------------------|---------------------------------|--------------------------|-----------|
| Total | 38 | 18 | 12 | 13 | 19 |
| Sex | | | | | |
| Males | 42 | 14 * | 13 | 13 | 16 |
| Females | 34 | 22 | 12 | 13 | 22 |
| Males | | | | | |
| 18 - 24 | 50 ** | insufficient sample size for analysis | | | |
| 25 - 34 | 22 | | | | |
| 35 - 50 | 52 | | | | |
| 51 - 64 | 45 | | | | |
| 65+ | 53 | | | | |
| Females | | | | | |
| 18 - 24 | 41 | insufficient sample size for analysis | | | |
| 25 - 34 | 34 | | | | |
| 35 - 50 | 28 | | | | |
| 51 - 64 | 36 | | | | |
| 65+ | 45 | | | | |
| Ethnicity | | | | | |
| White | 38 | 20 | 12 | 12 | 19 |
| Hispanic | 41 | 13 | 14 | 18 | 18 |
| Black | 19 | 25 | 15 | 9 | 20 |
| Asian/ Pacific Islander | 46 | 4 | 10 | 20 | 19 |
| Education | | | | | |
| Less than high school | 23 ** | 3 | 30 | 26 | 23 * |
| High school graduate | 54 | 13 | 12 | 9 | 9 |
| Some college | 41 | 18 | 8 | 14 | 14 |
| College graduate | 32 | 22 | 13 | 13 | 25 |
| Income | | | | | |
| Less than \$15,000 | 27 | 8 ** | 25 | 17 | 22 |
| \$15,000 - 24,999 | 41 | 15 | 13 | 16 | 14 |
| \$25,000 - 34,999 | 43 | | 13 | 18 | 26 |
| \$35,000 - 49,999 | 53 | 13 | 12 | 10 | 17 |
| \$50,000+ | 37 | 26 | 10 | 10 | 22 |
| Physically Active | | | | | |
| Did not meet recommendations | 44 * | 10 *** | 12 | 11 | 20 |
| Met recommendations | 32 | 26 | 13 | 15 | 18 |
| Overweight Status | | | | | |
| Overweight/Obese | 41 | 12 ** | 14 | 10 * | 21 |
| Not overweight | 36 | 24 | 10 | 17 | 18 |

A box around a group of numbers signifies that differences observed within this group are statistically significant Chi Square Test

* p<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 68: Meals Eaten at Fast Food Restaurants

Question: What meal or meals yesterday did you eat at a fast food restaurant? (Check all that apply)

Base: Out of those who ate fast food

| | Percent | | | |
|------------------------------|---------------------------------------|-------|--------|---------------------------------------|
| | Breakfast | Lunch | Dinner | Snack |
| Total | 15 | 58 | 38 | 4 |
| Sex | | | | |
| Males | insufficient sample size for analysis | 60 | 39 | insufficient sample size for analysis |
| Females | | 55 | 36 | |
| Males | | | | |
| 18 - 24 | insufficient sample size for analysis | 54 | 60 ** | insufficient sample size for analysis |
| 25 - 34 | | 70 | 31 | |
| 35 - 50 | | 49 | 41 | |
| 51 - 64 | | 68 | 10 | |
| 65+ | | 86 | 49 | |
| Females | | | | |
| 18 - 24 | insufficient sample size for analysis | 62 | 34 | insufficient sample size for analysis |
| 25 - 34 | | 54 | 36 | |
| 35 - 50 | | 50 | 31 | |
| 51 - 64 | | 53 | 50 | |
| 65+ | | 72 | 28 | |
| Ethnicity | | | | |
| White | insufficient sample size for analysis | 58 | 36 | insufficient sample size for analysis |
| Hispanic | | 63 | 32 | |
| Black | | 62 | 56 | |
| Asian/ Pacific Islander | | 34 | 48 | |
| Education | | | | |
| Less than high school | insufficient sample size for analysis | 56 | 18 | insufficient sample size for analysis |
| High school graduate | | 60 | 38 | |
| Some college | | 60 | 44 | |
| College graduate | | 56 | 33 | |
| Income | | | | |
| Less than \$15,000 | insufficient sample size for analysis | 42 * | 51 | insufficient sample size for analysis |
| \$15,000 - 24,999 | | 54 | 33 | |
| \$25,000 - 34,999 | | 47 | 40 | |
| \$35,000 - 49,999 | | 76 | 38 | |
| \$50,000+ | | 62 | 35 | |
| Physically Active | | | | |
| Did not meet recommendations | insufficient sample size for analysis | 57 | 38 | insufficient sample size for analysis |
| Met recommendations | | 59 | 37 | |
| Overweight Status | | | | |
| Overweight/Obese | insufficient sample size for analysis | 62 | 35 | insufficient sample size for analysis |
| Not overweight | | 53 | 42 | |

A box around a group of numbers signifies that differences observed within this group are statistically significant

Chi Square Test

* p<.05

** p<.01